**COVID-19 GUIDANCE FOR SELF HOME ISOLATION**

**WHAT IS ISOLATION?**

Isolation is for people who have been diagnosed with COVID-19. If you have COVID-19, being in isolation means you must stay home and away from others while you are infectious in order to stop the spread of the virus to anyone else.

**ISOLATION GUIDELINES FOR THE GENERAL PUBLIC**



***\*Please note the above guidelines are for the general public. Guidelines for certain groups or settings may differ. For example, updated guidelines from CDC for K-12 schools, congregate settings, correctional facilities, and other groups have not been finalized.***

**RESTRICTIONS DURING ISOLATION**

* Remain at home and avoid all public activities. These means do not go to work, church, school, stores (including grocery stores), nor any public events or places.
* Do not have visitors in your home.
* If you live in a home with other people, stay in a separate room. If that is not possible, wear a face mask when you are in the same room as others and stay at least 6 feet away from them (i.e. practice social distancing even in your home).
* Wash your hands and use an alcohol-based hand sanitizer often. Do not share personal items such as dishes, cups, forks, spoons, towels, etc.
* Do not leave your home except to get urgent or emergency medical care. If you need to see a doctor for reasons other than a medical emergency, please call your medical provider ahead of time to make proper arrangements.
* In the event of a medical emergency, call 911. Tell them that you are in home isolation due to a COVID-19 infection. Keep a face mask on until a health care provider asks you to remove it. If you do not have a mask, use a folded kerchief or another similar device to cover your nose and mouth.
* Do not use any public transportation (buses, taxis, rideshare services, or airplanes).
* Check yourself for fever twice a day. This means taking your temperature in the morning and before bed at night and writing down the reading each time.
* If you begin to have additional symptoms, or if you otherwise feel sick, contact your health care provider.